

# 12-Week Weight Loss Program

*Your tailored program to become the best version of YOU!*

Our 12-week program is designed to help you lose weight and improve your health and wellbeing.

The program is available to you in person or via Telehealth

Our 12-week program is designed to support you in making sustainable behavioural changes to improve your relationship with food whilst achieving optimal nutrition.

**Key inclusions of your program:**

## **Dietary Consultations & Tailored Meal Plans**

6 sessions with your dietitian to address:

Your intentions & goal setting for the program

Dietary assessment & analysis of food & nutrient intake

Meal planning

Evidence-based nutrition education

## **Workbook & Wellbeing Pack**

Including:

Self-reflection, goal and intention setting guide

Nutritional resources, NHW recipes

Shopping list & meal planner, Food and exercise diary,

Weight and measurement log

## **Support**

Ongoing email support from your Dietitian

**This program will allow you to:**

- ✓ Achieve and maintain weight loss
- ✓ Achieve goals and intentions to guide your health changes
  - ✓ Improve your dietary habits
  - ✓ Increase energy levels
- ✓ Access tools to address and manage emotional and social triggers
  - ✓ Improve gut health
  - ✓ Learn the skills to break free from 'food rules'
- ✓ Disconnect from unhelpful habits and eating behaviours
  - ✓ Increase self-awareness and practice mindful eating
- ✓ Achieve a feeling of success and increased self-confidence

**Call 1800 313 800 or visit our website to start achieving your goals today!**